

1. 登入系統後點選「學生線上」

The screenshot displays a web application interface. On the left is a vertical navigation menu with the following items: 'D04校內藝文競賽', 'D05校內田徑競賽', 'S系統管理', '學生線上' (highlighted with a red box), '學生線上選社', '查詢個人成績', '查詢出缺', '學生報備請假', '行為表現獎勵紀錄', '公布選社結果', '11輔導預約' (highlighted with a red box), '學生輔導線上預約', '學生輔導預約確認', '+ IGP學生資料設定', '+ 資賦優異報名', and '+ 選課作業'. The main content area features a top navigation bar with '首頁' and a secondary bar with tabs: '我的心理測驗', '我的學科能力', '我的免試入學', '我的填寫查看區', '服務學習圖地', '我的綜合表現', and '校內田徑競賽'. The '我的心理測驗' tab is active. Below the tabs, there are sections for '性向測驗', '興趣測驗', and '我的心理測驗'. The '我的心理測驗' section includes a table with columns '測驗日期' and '測驗'.

我的心理測驗	
測驗日期	測驗

以下還有其他有趣的測驗，你可參考看看囉!

[職訓局興趣量表](#)

2.點選「輔導預約-學生輔導線上預約」

The image shows a screenshot of a web portal's navigation menu. On the left side, there is a vertical list of menu items. The item '11輔導預約' is expanded, and '學生輔導線上預約' is highlighted with a red rectangular box. A tooltip is visible next to this item, displaying the text 'D0218S.學生輔導線上預約'. Other menu items include 'D04校內藝文競賽', 'D05校內田徑競賽', 'S系統管理', '學生線上' (with sub-items like '學生線上選社', '查詢個人成績', '查詢出缺', '學生報備請假', '行為表現獎懲紀錄', '公布選社結果'), '+ IGP學生資料設定', '+ 資賦優異報名', and '+ 選課作業'. The main content area on the right has a top navigation bar with '首頁' and a secondary bar with '我的心理測驗', '我的學科能力', '我的免試入學', '我的填寫查看區', and '服務學'. On the far right, there is a vertical sidebar with partially visible text: '性', '興', '我', '心', '學', '以'.

3. 選擇「週次」及「教師」

The screenshot shows a web application interface for online student guidance reservation. The interface is divided into a sidebar on the left and a main content area on the right. The sidebar contains several navigation options, including 'D04校內藝文競賽', 'D05校內田徑競賽', 'S系統管理', '學生線上', and '11輔導預約'. The '學生線上' section is expanded, showing options like '學生線上選社', '查詢個人成績', '查詢出缺', '學生報備請假', '行為表現獎懲紀錄', and '公布選社結果'. The '11輔導預約' section is also expanded, showing '學生輔導線上預約', '學生輔導預約確認', '+ IGP學生資料設定', '+ 資賦優異報名', and '+ 選課作業'. The main content area has a header with '首頁' and '學生輔導線上預約'. Below the header, there is a calendar grid with columns for '節' (Class) and '時間' (Time). A dropdown menu is open, showing a list of weeks from '2022-07-14 ~ 2022-07-16' to '2022-11-14 ~ 2022-11-19'. The week '2022-08-15 ~ 2022-08-20' is highlighted in blue. A red box highlights the '週次' (Week) and '教師' (Teacher) selection fields.

週次： 教師：

2022-07-14 ~ 2022-07-16
2022-07-18 ~ 2022-07-23
2022-07-25 ~ 2022-07-30
2022-08-01 ~ 2022-08-06
2022-08-08 ~ 2022-08-13
2022-08-15 ~ 2022-08-20
2022-08-22 ~ 2022-08-27
2022-08-29 ~ 2022-09-03
2022-09-05 ~ 2022-09-10
2022-09-12 ~ 2022-09-17
2022-09-19 ~ 2022-09-24
2022-09-26 ~ 2022-10-01
2022-10-03 ~ 2022-10-08
2022-10-10 ~ 2022-10-15
2022-10-17 ~ 2022-10-22
2022-10-24 ~ 2022-10-29
2022-10-31 ~ 2022-11-05
2022-11-07 ~ 2022-11-12
2022-11-14 ~ 2022-11-19

4.輸入概況描述(你想談的事情簡述)

The screenshot shows a student portal interface. On the left is a navigation menu with options like '學生線上選社', '查詢個人成績', and '11輔導預約'. The main area displays a class schedule for August 16th (Tuesday). A pop-up window titled '輔導預約 - 2022-08-16(二) 午休' is open, containing an 'E-mail' field with the text '自我了解與升學輔導' and a '概況描述' (Overview Description) text area. At the bottom of the pop-up are '預約' (Book) and '取消' (Cancel) buttons.

節	時間	15 一	16 二	17 三	18 四
升旗	07:30 - 07:50				
早自習	07:50 - 08:20				
第一節	08:25 - 09:10				
第二節	09:20 - 10:05				
第三節	10:20 - 11:05				
第四節	11:15 - 12:00				

注意!務必在概況描述欄位再次填寫你的email帳號，不然老師沒有辦法寄送視訊會議連結給你!

5.預約成功!

The screenshot displays a web application interface. On the left is a navigation menu with categories like 'D04校內藝文競賽', 'D05校內田徑競賽', and 'S系統管理'. Under '學生線上', there are options such as '學生線上選社', '查詢個人成績', and '學生輔導預約確認'. The main content area shows a table with reservation details:

預約日期	預約節次	預約老師	
2022-08-16	午休	李承亮	取消預約

At the bottom of the table area, there is a pagination control showing '1 共 1 頁' and '1-1 共 1 條'.

預約成功後，需留意信箱，老師會寄送視訊會議連結給你

如有問題可撥打26320616分機601詢問。

6. 唔談前準備

1. 與老師唔談之前，可先與信任的家人朋友分享、抒發心情，維持良好作息，定期從事興趣紓壓。
2. 與老師唔談之前，預先準備可上網的設備，在安靜的地方提早上線。

注意事項

1. 除校務行政系統外，亦可**透過電話或表單預約**。
2. 每次預約**以一次為原則**，仍有需求需再次預約。
3. 最晚須於晤談前一天預約，**不接受當天預約**，讓輔導老師能夠有充足的準備，與你討論會更有效唷。